November 2026 - Class Calendar

Mon., Wed., & Thurs. 9am - 4pm
Tues. 9am - 7pm
Fri. 9am - 2pm
Tours Every Friday at 10:30am

- **Premium Membership**
- **Base+ Membership**
- **Open to the Public (50+)**
- **Special Program (Additional Fee Required)**

Monday	Time
Strong to the Bone w/ Joan	9:00 - 10:00 am
Circuit Training w/ Vicki	10:00 - 11:00 am
Multi-level Yoga w/ Juliet	10:00 - 11:00 am
Zumba Gold w/ Lisa	11:00 - 12:00 pm
Golden Hearts w/ Vicki	11:15 - 12:00 pm
Barre Class w/ Olivia	12:00 - 1:00 pm
Cooking Class w/ Maegan (Nov. 2 & Nov. 16 Only)	12:00 - 1:00 pm
Bridging the Digital Gap w/ Mike	1:00 - 2:30 pm

Tuesday - Extended Hours	Time
Strong to the Bone w/ Joan	9:00 - 10:00 am
Advanced Cardio Aerobics w/ Vicki	10:00 - 11:00 am
American Sign Language w/ David	10:00 - 11:00 am
Beginning Pilates w/ Joan	10:00 - 11:00 am
SilverSneakers Classic w/ Donna	11:00 - 12:00 pm
Advanced Pilates w/ Vicki	11:15 - 12:00 pm
Balance for Fall Prevent w/ Bill (Starts Nov. 17th)	12:30 - 1:30 pm
Beginning Tai Chi w/ Bill	2:30 - 3:30 pm
OPEN GYM & Lourie Nights	4:00 - 7:00 pm

Special Events / Classes

Medicare Consulting w/ Jerry on **Nov. 4th**
9:00 am - 12:00 pm

True Wellness Pharmacy - **Nov. 6th 11:00 - 12:00 pm**

Hearing Life Event: **Nov. 13th , 10:00 am - 12:00 pm**
Free Hearing Tests and Hearing Care Education.

Lourie Nights - Every Tuesday 4:00 - 7:00 pm
Complete Schedule of Events on Next Page

Wednesday	Time
Muscles in Motion w/ Winifred	9:00 - 10:00 am
Your Happy Spine w/ Barbara	10:00 - 11:00 am
Dance with Donna (Ballet)	11:00 - 12:00 pm
What Am I Eating? w/ Donna (Nov. 11 Only)	12:00 - 1:00 pm
Advanced Tai Chi w/ Bill	12:00 - 1:00 pm
Silver Sneakers Boom w/ Donna	1:00 - 2:00 pm
Yin Yoga with Winifred	2:00 - 3:00 pm

Thursday	Time
Strong to the Bone w/ Joan	9:00 - 10:00 am
Advanced Cardio w/ Vicki	10:00 - 11:00 am
Beginning Pilates w/ Joan	10:00 - 11:00 am
Silver Sneakers Classic w/ Donna	11:00 - 12:00 pm
Beginner's Art w/ Kay	11:00 - 1:00 pm
Advanced Pilates w/ Vicki	11:15 - 12:00 pm
Bingo Party w/ Maggie	12:30 - 2:00 pm
Beginning Tai Chi w/ Bill	1:00 - 2:00 pm
Art with Kay	1:00 - 3:00 pm

Friday	Time
Muscles in Motion w/ Winifred	9:00 - 10:00 am
Arthritis Exercise - Open to Public, 60+. Advanced Registraion Required.	9:00 - 10:00 am
Digital Discovery w/ Mike	9:30 - 11:00 am
Restoration 101 w/ Winifred	10:00 - 11:00 am
Zumba Gold w/ Lisa	11:00 - 12:00 pm
Restorative Yoga w/ Laura	12:00 - 1:00 pm

The Lourie Center will be CLOSED November 26-27

Lourie Nights

Tuesdays 4:00 PM - 7:00 PM
November 2026

Every Tuesday	
Open Gym	4:00 - 7:00
Tai Chi	4:30 - 5:30

November 3, 2026	
Book Club	4:30 - 5:30
What Am I Eating & Why?	4:30 - 5:30
Zumba	5:30 - 6:30

November 10, 2026	
Yoga with Olivia	5:30 - 6:30

November 17, 2026	
What Am I Eating & Why?	4:30 - 5:30
Body Sculpt with Vicki	5:30 - 6:30
Yoga with Olivia	5:30 - 6:30

November 24, 2026	
Big PRIZE Bingo!	5:30 - 6:30
Yoga with Olivia	5:30 - 6:30

Class Descriptions:

Open Gym
Our gym features equipment to help you through all stages of your strength training journey. This self-guided activity allows you to move at your own oace and your comfort level.

Tai Chi
Enjoy slow, smooth movements that promote relaxation while improving muscle tone, flexibility, balance, and coordination. All abilities are welcome. Chair optional.

Book Club: Join the group as they discuss last month's reading of Remarkably Bright Creatures by Shelby Van Pelts.

Zumba: Get moving with a low-impact, intermediate workout featuring upbeat music, interval training, and resistance exercises designed to tone the body and burn fat.

Yoga with Olivia
Join Olivia for a grounding, breath-centered yoga class. Through mindful movement, gentle strengthening, balance practice, and a full-body stretch from head to toe, you'll build mobility, body awareness, and a stronger mind-body connection. Options are offered to support different abilities and experience levels. Leave feeling refreshed, steady, clear-headed, and more at home in your body.

What Am I Eating & Why? Enjoy the preparation and sharing of a delicious plant-based dish while learning how to incorporate more nutrient-dense foods into your diet. Awaken your taste buds with whole foods, healing herbs, and healthy fats—all while minimizing salt and sugar.

Body Sculpt: This low- to moderate-impact total-body workout blends light-to-moderate strength training, resistance work, and core exercises to tone and shape your muscles.

Big PRIZE Bingo! Play for a chance to win exciting prizes—including a grand prize you won't want to miss!

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